6 sites

American Kenpo does not have a "no-belt" rank; training officially begins at the White Belt level, which introduces foundational basics before advancing to Yellow Belt.
Scribd +1
White Belt Fundamentals (Pre-Yellow)
Stances: Neutral bow, forward bow, horse, and cat stance.
Basic Strikes: Straight punches, reverse punches, and front ball kicks.
Basic Blocks: Inward, outward, upward, and downward blocks.
Core Principles: Learning the "line of familiarity" and "line of position" to build body mechanics.
First Official Ranked Curriculum (Yellow Belt)
Self-Defense Techniques: Delayed sword, alternating maces, sword of destruction, deflecting hammer, captured twigs, grasp of death, checking the storm, mace of aggression, attacking mace, and sword and hammer.
Forms and Sets: Star block and Short Form 1.
If you meant the introductory White Belt requirements or a specific school's beginner syllabus, please let me know so I can provide the exact breakdown.
7 sites
Because American Kenpo officially begins at the White Belt level, any "Pre-White Belt" curriculum represents the introductory phase where a student transitions from a absolute beginner to an official rank candidate. This stage focuses heavily on safety, basic etiquette, and foundational movement patterns before any combat techniques or forms are introduced.
Below is the comprehensive, detailed curriculum syllabus for both the Pre-White Belt orientation phase and the standard White Belt (Pre-Yellow) preparation requirements.
Phase 1: Pre-White Belt (Orientation & Safety)
This initial phase covers the absolute basics required to safely step onto the training floor and understand the mechanical vocabulary of the system.

1. Salutations & Etiquette
   The Kenpo Salutation: Formal greeting symbolizing peace (left open hand) covering

war/force (right closed fist).

Attention Stance: Feet together, hands at sides, body erect, demonstrating focus and readiness.

Bow: Executed from the attention stance to show mutual respect to instructors and training partners.

2. Structural Foundations (Basic Stances)

   Horse Stance: Feet wide, knees bent outward, spine straight, hips tucked. Trains leg stamina and core stability.

   Neutral Bow: The primary fighting stance. Weight distributed evenly (50/50), body turned at a 45-degree angle to minimize target areas.

3. Environmental Safety

   Front Breakfall: Slapping the mat with forearms while keeping the head up to safely absorb a forward trip.

   Back Breakfall: Tucking the chin to the chest and slapping the mat with open palms to protect the spine and head during a rear fall.

4. Basic Directions of Movement

   The Universal Pattern: Introduction to the 8 primary directions of movement using an imaginary clock face (12, 6, 3, 9, 1:30, 4:30, 7:30, 10:30) to establish spatial awareness.

   Phase 2: White Belt Syllabus (Pre-Yellow Requirements)

   Once a student understands safety and basic stances, they learn the full suite of mechanical components required to test for their first official colored belt (Yellow).

5. Expanded Stance Matrix

   Forward Bow: Weight shifted 60/40 to the front leg, rear leg straight, hips squared forward. Used to deliver maximum power.

   Cat Stance: 90% of weight on the back leg, front heel lifted with toes lightly touching. Used for quick kicking or retreating.

6. Defensive Block Suite

   Inward Block: Uses the forearm to deflect strikes away from the centerline across the body.

   Extended Outward Block: Drives attacks outward away from the face or chest area.

   Upward Block: Shields overhead attacks by clearing them above the skull line.

   Downward Block: Sweeps low strikes or kicks away from the groin and midsection.

7. Offensive Strikes & Weapons
   Straight Thrust Punch: Executed from the hip, rotating the knuckles to hit with the first two impact points.
   Vertical Punch: A punch keeping the knuckles aligned vertically to slip through narrow defensive guards.
   Inward Handsword: A chopping strike utilizing the outer edge (fleshy part) of the open hand traveling inward.
   Horizontal Elbow Strike: Driving the elbow across horizontally to hit close-range targets.
8. Foundational Kicks
   Front Snap Kick: Snapping the lower leg forward from the knee, striking with the ball of the foot.
   Front Thrust Kick: Pushing the leg forward dynamically to drive an opponent back using the heel.
9. Footwork & Maneuvers
   Step-Through: Walking forward or backward while maintaining a consistent height and defensive profile.
   Step-Drag / Push-Drag: Shuffling forward or backward by pushing off the trailing leg to rapidly adjust distance without crossing the feet.
10. Coordination Sets
    Blocking Set 1: A non-moving sequence stringing together the inward, outward, upward, and downward blocks to program muscle memory.
    If you need a breakdown of how these baseline mechanics fit directly into the Yellow Belt self-defense techniques (like Delayed Sword or Sword of Destruction), please let me know.
    5 sites
    Here is a specific warmup and warmdown syllabus designed to prepare the body for the structural stances (like the Horse Stance) and high-impact mechanics of an American Kenpo class.
    Kenpo Warmup Protocol (Dynamic & Joint-Focused)
    This 10-minute routine lubricates joints and activates muscles without static stretching, which can reduce explosive power before training.
11. Joint Mobility (Top-Down)
    Neck Rotations: Slow circles clockwise and counter-clockwise to prep for impact and

breakaway safety.

Shoulder & Arm Circles: Large dynamic circles forward and back to warm up for blocks and punches.

Torso Twists: Pivoting on the feet while swinging arms to warm up the spine for rotational punching power.

Hip Circles: Wide rotations to open up hip flexors for deep Neutral Bow and Horse stances.

12. Kenpo-Specific Muscle Activation

    Bodyweight Squats: Mimics dropping into a deep Horse Stance to wake up glutes and quads.

    Cat Stance Pulses: Alternating weight 90/10 onto one leg and lifting the other heel to warm up calves and balance.

    Wrist & Forearm Rolls: Interlacing fingers and rolling wrists to prepare for handswords and blocking impact.

13. Cardiovascular Elevation

    Shadow Blocking: Performing the Blocking Set 1 in the air at 50% speed to sync breath with movement.

    Light Jumping Jacks: Ramping up the heart rate and warming the calves for dynamic footwork (Push-Drags).

    Kenpo Warmdown Protocol (Static & Recovery-Focused)

    This 5-minute routine lowers the heart rate, flushes lactic acid, and uses static stretches to maintain flexibility after intense stance work.

14. Cardiovascular Deceleration

    Deep Breathing Shuffles: Slow, rhythmic stepping forward and back while inhaling deeply through the nose and exhaling through the mouth.

15. Static Flexibility Stretches (Hold for 20-30 seconds each)

    Deep Horse Stance Stretch: Dropping low, placing hands on knees, and gently pressing thighs outward to stretch the groin.

    Shoulder Cross-Body Stretch: Pulling one arm straight across the chest to release tension built up from blocking and punching.

    Runner’s Lunge: Stepping into an exaggerated Forward Bow to stretch the hip flexors and calves of the rear leg.

    Seated Toe Touch: Sitting on the mat with legs straight out to stretch the hamstrings used during Front Snap Kicks.

Wrist Extensor Stretch: Pressing the fingers of one hand downward toward the forearm to relieve forearm tension from tight fist-clenching.

If you want to see how to align these exercises with a specific class length (e.g., a 45-minute or 60-minute block), let me know and I can map out a full time-managed lesson plan.

Here’s your generated image.

If you want to adjust this image, let me know! I can modify things like her pose, the background style, or make the expression more serious or energetic.

Images generated by AI may be inaccurate, misleading, or offensive. Learn more

Here’s your generated image.

Would you like to try any further modifications, such as changing her striking stance, adding equipment like a punching bag, or adjusting the lighting of the dojo?

Images generated by AI may be inaccurate, misleading, or offensive. Learn more

Here’s your generated image.

Would you like to tweak this new scene further, such as changing the angle of the camera, adding a training partner, or adjusting the color of her uniform?

Images generated by AI may be inaccurate, misleading, or offensive. Learn more

Here’s your generated image.

If you want to explore further adjustments, let me know if you would like to:

Try a completely different striking technique (like an elbow strike or a spinning kick)

Adjust the dojo's interior design (such as adding traditional Japanese wood paneling or weapon racks)

Change the number of people in the background mats

What would you like to experiment with next?

Images generated by AI may be inaccurate, misleading, or offensive. Learn more

Here is the full, time-managed American Kenpo syllabus and lesson plan, structured across 45-minute and 60-minute class blocks. Both plans integrate the pre-white belt basics, the core white belt requirements, and the dynamic warmup/warmdown routines outlined earlier.

Option 1: The 45-Minute Express Lesson Plan

Optimized for high-energy, fast-paced instruction typical for youth classes or tight scheduling blocks.

[00:00 - 00:05] Salutations & Etiquette (Attention stance, Bow, Roll call)

[00:05 - 00:12] Dynamic Warmup Matrix (Top-down joint mobility, bodyweight squats)

[00:12 - 00:22] Stance & Movement Foundations (Horse, Neutral Bow, Universal

Pattern)

[00:22 - 00:32] Technical Drills (Defensive blocks & Offensive strikes combo)

[00:32 - 00:40] Coordination Set Practice (Blocking Set 1 / Kick repetitions)

[00:40 - 00:45] Recovery & Warmdown (Static stretches, Final bow out)

00:00 - 00:05 | Bow-In & Etiquette: Establish focus immediately. Students execute the formal Kenpo Salutation and stand at attention.
00:05 - 00:12 | Dynamic Warmup: Run through the joint lubrication protocol, ending with 1 minute of light jumping jacks to raise the heart rate.
00:12 - 00:22 | Stance & Footwork: Dedicate 10 minutes to moving in the Universal Pattern using Step-Drags and Push-Drags. Focus strictly on holding a solid Neutral Bow.
00:22 - 00:32 | Weapons & Defenses: Combine strikes and blocks. For example: Step-through with an Inward Block, immediately following up with a Straight Thrust Punch.
00:32 - 00:40 | Coordination Set: Perform Blocking Set 1 as a group to music or a specific cadence, followed by 30 Front Snap Kicks on each leg.
00:40 - 00:45 | Warmdown & Bow-Out: Drop into a deep horse stance groin stretch, pull arms across the chest, and close out with deep rhythmic breathing before the final bow.

Option 2: The 60-Minute Comprehensive Lesson Plan

Optimized for adult classes or comprehensive curriculum deep-dives, leaving ample room for safety falls and technical corrections.

[00:00 - 00:05] Salutations & Etiquette (Attention stance, Bow, Announcements)
[00:05 - 00:15] Full Dynamic Warmup & Cardio Activation (Includes shadow blocking)
[00:15 - 00:25] Pre-White Belt Environmental Safety (Front & Back breakfalls)
[00:25 - 00:40] Technical Core Syllabus (Stances, Extended blocks, Kicks)
[00:40 - 00:52] Partner Application & Distance Drills (Target striking)
[00:52 - 00:55] Coordination Burnout (Blocking Set 1 speed rounds)
[00:55 - 01:00] Full Static Warmdown & Mental Reset (Mindfulness breathing)

00:00 - 00:05 | Bow-In: Formal opening salutation.
00:05 - 00:15 | Extended Warmup: Includes the standard joint rotations, muscle activation pulses, and finishes with slow shadow blocking to build mind-body connection before picking up intensity.
00:15 - 00:25 | Breakfalls & Safety: Utilize the extra time to practice Front and Back Breakfalls on the mats. Crucial for building confidence before future throwing techniques are taught.
00:25 - 00:40 | Linear & Rotational Mechanics: Break down the mechanical differences between a Forward Bow (60/40 power stance) and a Cat Stance (90/10 defensive stance).

Introduce the Vertical Punch and Handsword strikes.
00:40 - 00:52 | Partner Drill App: Students pair up to practice managing distance using push-drags while throwing Front Thrust Kicks or practicing the trajectory lines of the Extended Outward Block against soft targets.
00:52 - 00:55 | Coordination Set: Run Blocking Set 1 at full speed and maximum power to build martial intent.
00:55 - 01:00 | Deep Recovery Warmdown: Floor work including the Seated Toe Touch and Wrist Extensor stretches to process lactic acid, winding down with intentional deep breathing.
To tailor this further, let me know:
The average age group of the students (e.g., kids, teens, or adults)
The class size you are planning for
If you want to allocate time for Yellow Belt self-defense techniques during the main training blocks
Ready to create a study guide?
Get started
AI Mode response is ready
Ask about

What you've put together is actually a solid, structured breakdown—but it mixes **official American Kenpo curriculum** with **modern school-added prep material**, so it's important to separate what's *canonical* vs. *instructional overlay*.

Here's the clean reality:

What's Official (Ed Parker American Kenpo)

There is **no formal "Pre-White Belt" rank** in the system.

Training begins at:

- White Belt (often treated as *pre-yellow training phase*)
- Yellow Belt is the first promotion rank

At the **White Belt level**, the core expectations are:

- Stances: Neutral bow, forward bow, horse, cat
- Basics:

    - Punches (straight, vertical)
    - Basic kicks (front snap, front thrust)
    - Basic blocks (inward, outward, upward, downward)
- Set:
    - Blocking Set 1
- Form:
    - Short Form 1 (sometimes introduced here, sometimes at Yellow depending on lineage)
- Concepts:
    - Line of attack (often called line of familiarity)
    - Positioning and basic body alignment

Then at **Yellow Belt**, you get the first structured technique list:

- Delayed Sword
- Sword of Destruction
- Alternating Maces
- Deflecting Hammer
- Checking the Storm
- Grasp of Death
- Attacking Mace
- Mace of Aggression
- Captured Twigs
- Sword and Hammer

(That list is consistent across most Parker-line schools, with minor naming/order variation.)

What Your “Pre-White Belt” Section Really Is

What you labeled as “Pre-White Belt” is best understood as:

An onboarding / fundamentals phase—not an official rank

Many modern schools add this to:

- Reduce injury risk
- Standardize beginners
- Improve retention

Your included elements fit that perfectly:

- Etiquette (salute, bow, attention stance)
- Breakfalls (this is actually *not* traditional Kenpo, but very smart integration)
- Universal Pattern (clock system—widely taught but not rank-specific)
- Basic stance introduction before pressure

So structurally, what you built is:

- Phase 0: Orientation (non-ranking)
- Phase 1: White Belt mechanics
- Phase 2: Yellow Belt techniques

That's a **modernized teaching model**, not a historical one.

Technical Critique (From a Biomechanics / System Perspective)

A couple things you did really well:

- You separated **mechanics before techniques** (this is huge for skill retention)
- You emphasized **movement patterning (universal pattern + step-drag)** early
- You included **activation before static stretching**, which aligns with performance science

A few things I'd tighten if this is for your system:

- Breakfalls:
    - Great addition, but they belong under **cross-training or safety module**, not Kenpo core

- Blocking Set 1 timing:
  - Traditionally introduced *with* White Belt, not after full basics mastery
- “Line of familiarity”:
  - That term is used inconsistently across schools; you may want to standardize language if you're building a system
- Striking progression:
  - Consider organizing by **kinetic chain** (hips → torso → limb) instead of technique category

Example (Cleaner Structural Model)

If you were systematizing this like a curriculum engineer:

- Phase 0: Entry / Safety Layer
  - Etiquette
  - Base posture
  - Movement directions
  - Fall safety (optional add-on)
- Phase 1: Mechanical Layer (White Belt)
  - Stance integrity
  - Linear strikes
  - Primary blocks
  - Footwork
- Phase 2: Application Layer (Yellow Belt)
  - Technique chains
  - Timing
  - Targeting

That progression aligns much better with how people actually learn motor skills.

If you want, I can map your curriculum into a **fully systemized belt progression with biomechanical milestones** (like what must be physically mastered vs. just memorized), which would fit really well with how you think and teach.